

## **Tentative list of Senior Health and Fitness Day Activities in Michigan**

### Region 1A - Wayne County

#### **1. Healthy Aging Walk**

Belle Isle Casino and Park 9:00 am-2:00 pm  
Call 313-446-4444 for more information

Registration/Continental Breakfast  
Senior Health & Fitness Day Kick Off  
Healthy Aging Walk – Belle Isle  
Senior Health & Fitness Fair (Information booths and health screenings)  
Healthy Aging Luncheon  
Raffles and Giveaways

### Region 1B - Oakland County

#### **2. Senior Health and Fitness Day**

Older Persons' Commission (OPC)  
650 Letica Drive  
Rochester, MI 48307  
(248) 656-1403

Breakfast with Ted Lindsay and Lem Barney, health screenings, fitness sampler day, luncheon

### Region 1C - Wayne County

#### **3. Canton Senior Fitness Day**

Summit-on-the-Park Community Center  
46000 Summit Parkway  
Canton, MI 48188  
(734) 394-5485  
and  
Heritage Park  
Canton Township, MI

At senior center: Health screenings from 9:00 – 11:00 a.m., fitness center orientation, People with Arthritis Can Exercise (PACE) demonstration, frailty predictor screening, healthy bingo from 9:00 a.m. – 4:00 p.m. At Heritage Park: 5K walk (individual and relay).

#### **4. Northville Senior Fitness Day**

Northville Senior Center

303 W. Main Street

Northville, MI 48167

(248) 349-4140

and

Waterwheel Health Club

235 E. Main Street

Northville, MI 48167

(free shuttle service between locations)

At senior center: Two mile fun walk begins at 9:00 a.m., Nutrition and You presentation at 10:30 a.m. At Waterwheel Health Club: Health screenings, fitness orientation and workouts, personal lifestyle assessment.

#### **5. Wyandotte Senior Fitness Day**

William R. Copeland Center

2306 4<sup>th</sup> Street

Wyandotte, MI 48192

(734) 324-7295

9:00 – 9:45 a.m. and 1:00 – 1:45 p.m. – Traditional low-impact aerobics

10:00 – 10:45 a.m. and 2:00 – 2:45 p.m. – Sittercise Aerobics

11:00 – 11:45 a.m. and 3:00 – 3:45 p.m. – Strength & Body toning

#### Region 2 - Jackson County

#### **6. Age for Life Program**

Foote Hospital

Exercise equipment introduction, classes

#### Region 2 - Hillsdale County

#### **7. Perennial Park Senior Center**

Exercise equipment introduction, exercise classes, diabetes prevention

Region 2 - Lenawee County

**8. YMCA**

Exercise equipment introduction, tour YMCA

Region 3B – Kalamazoo County

**9. Silver Stars - Health & Fitness Day**

Burnham Brook

200 West Michigan

Battle Creek, MI 49017

(269) 966-2566 ext. 320

Reservations will be required for most activities.

9:00 a.m. - 5:00 p.m.

Senior Poker Walk, Senior Bike Riding, Canoeing/ Kayaking, Sample of Fitness Classes (Both Water and Land Classes), Arm Chair Exercise Classes, Relay Races (Both Land and Water), Health Fair, Life Line Screening's, Strength Training, Healthy Cooking Demo, Table Tennis Tournament, Weight Lifting Contest, Billiards Tournament, Fruit Walk (Game), Drum Class, Lecture, Lunch, and Learn Presentation, RX Brown Bag Review, and much, much more!

Region 3C - Branch County

**10. Community Fitness Walk**

H & C Burnside Senior Center

65 Grahl Dr

Coldwater, MI 49036

(517) 279-6565

and

Heritage Park

Western Avenue

Coldwater, MI 49036

Transportation leaves senior center at 8:40 a.m., returns after walk at 10:30 a.m.

Region 3C - St. Joseph County

**11. Health and Fitness: A Win/Win Combination**

HealthTrac

501 S. Health Parkway

Three Rivers, MI

(269) 279-8083 or (800) 641-9899

8:30 – 9:10 a.m. – Moving Easy (basic exercise class)

10:15 – 11:15 a.m. – AFYAP (arthritis swim class)

11:30 a.m. – 1:00 p.m. – Basic Nutrition class

1:30 – 2:30 p.m. – Water Aerobics (easy water exercise)

Region 5-Genesee, Lapeer, Shiawassee Counties

**12. Region 5: Senior Fitness activity programs**

10:00-3:00 pm

Flint U-M Recreation Center

Physical therapists will be teaching classes, doing demonstrations, and answering questions.

Deborah Zwierzynski, 1-800-978-6275

Region 6 - Ingham County

**13. Hawk Island County Park, Large Pavillion**

Lansing, MI

8:00 – 10:00 a.m.

Group exercise (stretching) and folks available to answer questions about exercise.

Refreshments will be served.

Hosted by Ingham Regional Medical Center, Westside YMCA, and Playmakers

**14. Williamston Area Senior Center**

201 School Street

Williamston, MI 48895

and

Williamston Community Pool

3939 Vanneter Road

Williamston, MI 48895

9:00-12:00

Pool Activity will be between 9:30-10:30

Balance, Chair Exercise, Resistance Bands, Endurance, Flexibility/Range of motion, Line Dancing, Step, Strength, Tai Chi, Water Aerobics

For more information, contact: 887-1440

#### Region 7 - Bay County

##### **15. Walk for the Walk of It**

Region VII Area Agency on Aging

1615 S. Euclid Avenue

Bay City, MI 48706

(800) 858-1673

2:00 – 4:00 p.m.

Meet in parking lot to walk, learn about the benefits of walking, information from local fitness classes, nutrition education.

#### Region 8 – Kent County

##### **16. Senior Fitness Day**

Introduction to fitness classes offered at various community sites.

Senior Strength and Stretch class, Eating Better-Moving More, Enhance Fitness.

#### Region 10 - Grand Traverse County

##### **17. Traverse City Senior Center**

801 E. Front Street

Traverse City, MI 49686

(231) 922-4911

All day events throughout the community. Free exercise classes including Tai Chi, ski walking, strength training, osteoporosis prevention. Activities including football toss, softball throw, Frisbee toss, shuffleboard, horseshoes, and bocce ball.

#### Region 11 - Marquette County

##### **18. Fitness Class for Seniors**

Marquette Senior Center

300 W. Spring Street

Marquette, MI 49855

(906) 228-0456

Event begins at 10:30 a.m. and includes an armchair aerobics class, walking, prizes.

**19. Negaunee Senior Center**

410 Jackson Street

Negaunee, MI 49866

(906) 475-6266

9:30 – 11:30 a.m.

Workout with trainer, Nutrition education

Region 14 - Muskegon County

**20. Fitness Carnival**

McGraft Park

Muskegon, MI

Pedometer walking, biking, golf, tennis, shuffleboard, bowling/bocce ball, croquet, Frisbee golf, low fat cooking class, osteoporosis education, new food pyramid, horseshoes, beach volleyball, dancing, yoga, strength training, Tai Chi, May Pole Dance. Earn "fitness bucks" for each activity you try and exchange fitness bucks for fitness related prizes.